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## ABSTRACT OF THE DISCLOSURE

A system and method for optimizing and quantifying movement in synchronous video are provided. An image-processing computer obtains a synchronous video image, which is converted to color bitmap frames. Each frame is then sub-divided into smaller pixel blocks. Processed independently, the size of each pixel block is reduced by truncation of the color resolution and the use of a limited color table for the pixel block. The cumulative color difference in the pixel block is calculated and if it is below a threshold, the pixel block data will not be saved. Alternatively, the pixel block data is compressed and saved. Upon decoding, the color difference between each pixel and the same pixel in the preceding frame is compared. The color difference is assigned a pseudocolor and is displayed on the screen. Larger color differences are represented with more pronounced pseudocolors.